

## Psalm 145:10-21

- <sup>10</sup> All your works praise you, LORD;  
your faithful people extol you.
- <sup>11</sup> They tell of the glory of your kingdom  
and speak of your might,
- <sup>12</sup> so that all people may know of your mighty acts  
and the glorious splendor of your kingdom.
- <sup>13</sup> Your kingdom is an everlasting kingdom,  
and your dominion endures through all generations.
- The LORD is trustworthy in all he promises  
and faithful in all he does.<sup>g</sup>
- <sup>14</sup> The LORD upholds all who fall  
and lifts up all who are bowed down.
- <sup>15</sup> The eyes of all look to you,  
and you give them their food at the proper time.
- <sup>16</sup> You open your hand  
and satisfy the desires of every living thing.
- <sup>17</sup> The LORD is righteous in all his ways  
and faithful in all he does.
- <sup>18</sup> The LORD is near to all who call on him,  
to all who call on him in truth.
- <sup>19</sup> He fulfills the desires of those who fear him;  
he hears their cry and saves them.
- <sup>20</sup> The LORD watches over all who love him,  
but all the wicked he will destroy.
- <sup>21</sup> My mouth will speak in praise of the LORD.  
Let every creature praise his holy name  
for ever and ever.

## Old Testament - Exodus 16:2-15

### Manna and Quail

<sup>2</sup> In the desert the whole community grumbled against Moses and Aaron. <sup>3</sup> The Israelites said to them, "If only we had died by the LORD's hand in Egypt! There we sat around pots of meat and ate all the food we wanted, but you have brought us out into this desert to starve this entire assembly to death."

<sup>4</sup> Then the LORD said to Moses, "I will rain down bread from heaven for you. The people are to go out each day and gather enough for that day. In this way I will test them and see whether they will follow my instructions. <sup>5</sup> On the sixth day they are to prepare what they bring in, and that is to be twice as much as they gather on the other days."

<sup>6</sup> So Moses and Aaron said to all the Israelites, "In the evening you will know that it was the LORD who brought you out of Egypt, <sup>7</sup> and in the morning you will see the glory of the LORD, because he has heard your grumbling against him. Who are we, that you should grumble against us?" <sup>8</sup> Moses also said, "You will know that it was the LORD when he gives you meat to eat in the evening and all the bread you want in the morning, because he has heard your grumbling against him. Who are we? You are not grumbling against us, but against the LORD."

<sup>9</sup> Then Moses told Aaron, "Say to the entire Israelite community, 'Come before the LORD, for he has heard your grumbling.'"

<sup>10</sup> While Aaron was speaking to the whole Israelite community, they looked toward the desert, and there was the glory of the LORD appearing in the cloud.

<sup>11</sup> The LORD said to Moses, <sup>12</sup> "I have heard the grumbling of the Israelites. Tell them, 'At twilight you will eat meat, and in the morning you will be filled with bread. Then you will know that I am the LORD your God.'"

<sup>13</sup> That evening quail came and covered the camp, and in the morning there was a layer of dew around the camp. <sup>14</sup> When the dew was gone, thin flakes like frost on the ground appeared on the desert floor. <sup>15</sup> When the Israelites saw it, they said to each other, "What is it?" For they did not know what it was.

Moses said to them, "It is the bread the LORD has given you to eat.

## **Epistle Reading - Ephesians 4:1-16**

### **Unity and Maturity in the Body of Christ**

<sup>4</sup> As a prisoner for the Lord, then, I urge you to live a life worthy of the calling you have received. <sup>2</sup> Be completely humble and gentle; be patient, bearing with one another in love. <sup>3</sup> Make every effort to keep the unity of the Spirit through the bond of peace. <sup>4</sup> There is one body and one Spirit, just as you were called to one hope when you were called; <sup>5</sup> one Lord, one faith, one baptism; <sup>6</sup> one God and Father of all, who is over all and through all and in all.

<sup>7</sup> But to each one of us grace has been given as Christ apportioned it. <sup>8</sup> This is why it<sup>a</sup> says:

“When he ascended on high,  
he took many captives  
and gave gifts to his people.”<sup>[b]</sup>

<sup>9</sup> (What does “he ascended” mean except that he also descended to the lower, earthly regions<sup>[d]</sup>? <sup>10</sup> He who descended is the very one who ascended higher than all the heavens, in order to fill the whole universe.) <sup>11</sup> So Christ himself gave the apostles, the prophets, the evangelists, the pastors and teachers, <sup>12</sup> to equip his people for works of service, so that the body of Christ may be built up <sup>13</sup> until we all reach unity in the faith and in the knowledge of the Son of God and become mature, attaining to the whole measure of the fullness of Christ.

<sup>14</sup> Then we will no longer be infants, tossed back and forth by the waves, and blown here and there by every wind of teaching and by the cunning and craftiness of people in their deceitful scheming. <sup>15</sup> Instead, speaking the truth in love, we will grow to become in every respect the mature body of him who is the head, that is, Christ. <sup>16</sup> From him the whole body, joined and held together by every supporting ligament, grows and builds itself up in love, as each part does its work.

## **Gospel Reading - John 6:22-35**

<sup>22</sup> The next day the crowd that had stayed on the opposite shore of the lake realized that only one boat had been there, and that Jesus had not entered it with his disciples, but that they had gone away alone. <sup>23</sup> Then some boats from Tiberias landed near the place where the people had eaten the bread after the Lord had given thanks. <sup>24</sup> Once the crowd realized that neither Jesus nor his disciples were there, they got into the boats and went to Capernaum in search of Jesus.

### **Jesus the Bread of Life**

<sup>25</sup> When they found him on the other side of the lake, they asked him, “Rabbi, when did you get here?”

<sup>26</sup> Jesus answered, “Very truly I tell you, you are looking for me, not because you saw the signs I performed but because you ate the loaves and had your fill. <sup>27</sup> Do not work for food that spoils, but for food that endures to eternal life, which the Son of Man will give you. For on him God the Father has placed his seal of approval.”

<sup>28</sup> Then they asked him, “What must we do to do the works God requires?”

<sup>29</sup> Jesus answered, “The work of God is this: to believe in the one he has sent.”

<sup>30</sup> So they asked him, "What sign then will you give that we may see it and believe you? What will you do?" <sup>31</sup> Our ancestors ate the manna in the wilderness; as it is written: 'He gave them bread from heaven to eat.'<sup>14</sup>"

<sup>32</sup> Jesus said to them, "Very truly I tell you, it is not Moses who has given you the bread from heaven, but it is my Father who gives you the true bread from heaven. <sup>33</sup> For the bread of God is the bread that comes down from heaven and gives life to the world."

<sup>34</sup> "Sir," they said, "always give us this bread."

<sup>35</sup> Then Jesus declared, "I am the bread of life. Whoever comes to me will never go hungry, and whoever believes in me will never be thirsty."